



## Marriage Trauma Emotions

A marriage trauma event can leave a spouse feeling extremely stressful, helpless, or emotionally out of control. It can leave them struggling with upsetting emotions, memories, and anxiety that is difficult to make go away. For these reasons, it can take a while to get over the pain and feel safe again. In this next step we will identify some of those emotions associated with the marriage trauma. Use the emotion vocabulary on page six to identify one emotion per category.

Emotion Category	Emotion Type
Depression	
Inadequateness	
Fear	
Confusion	
Hurt	
Anger	
Loneliness	
Remorse	

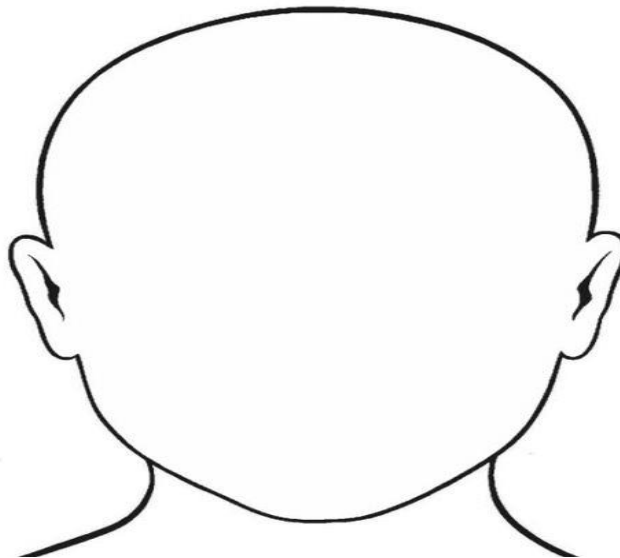
## Emotion Vocabulary

Depression	Inadequateness	Fear	Confusion	Hurt	Anger	Loneliness	Remorse
Alienated Barren Beaten Bleak Bleeding Dejected Depressed Desolate Despondent Dismal Empty Gloomy Grieved Grim Hopeless In despair Woeful Worried	Blemished Blotched Broken Crippled Damaged False Feeble Finished Flawed Helpless Impotent Inferior Invalid Powerless Useless Washed up Whipped Worthless Zero	Alarmed Appalled Desperate Distressed Frightened Horrorified Intimidated Panicky Paralyzed Petrified Shocked Terrified Terror-stricken Wrecked	Baffled Befuddled Chaotic Confounded Confused Dizzy Flustered Rattled Reeling Shocked Shook up Speechless Startled Stumped Stunned Taken-aback Thrown Thunderstruck Trapped	Abused Aching Anguished Crushed Degraded Destroyed Devastated Discarded Disgraced Forsaken Humiliated Mocked Punished Rejected Ridiculed Ruined Scorned Stabbed Tortured	Affronted Belligerent Bitter Burned up Enraged Fuming Furious Heated Incensed Infuriated Intense Outraged Provoked Seething Storming Truculent Vengeful Vindictive Wild	Abandoned Black Cut off Deserted Destroyed Empty Forsaken Isolated Marooned Neglected Ostracized Outcast Rejected Shunned	Abashed Debased Degraded Delinquent Depraved Disgraced Evil Exposed Humiliated Judged Mortified Shamed Sinful Wicked Wrong
Awful Blue Crestfallen Demoralized Devalued Discouraged Dispirited Distressed Downcast Downhearted Fed up Lost Melancholy Miserable Regretful Rotten Sorrowful Tearful Upset Weepy	Ailing Defeated Deficient Dopey Feeble Helpless Impaired Imperfect Incapable Incompetent Incomplete Ineffective Inept Insignificant Lacking Lame Overwhelmed Small Substandard Unimportant	Afraid Apprehensive Awkward Defensive Fearful Fidgety Fretful Jumpy Nervous Scared Shaky Skittish Spineless Taut Threatened Troubled Wired	Adrift Ambivalent Bewildered Puzzled Blurred Disconcerted Disordered Disorganized Disquieted Disturbed Foggy Frustrated Misled Mistaken Misunderstood Mixed up Perplexed Troubled	Annoyed Belittled Cheapened Criticized Damaged Depreciated Devalued Discredited Distressed Impaired Injured Maligned Marred Miffed Mistreated Resentful Troubled Used Wounded	Aggravated Annoyed Antagonistic Crabby Cranky Exasperated Fuming Grouchy Hostile Ill-tempered Indignant Irate Irritated Offended Ratty Resentful Sore Spiteful Testy Ticked off	Alienated Alone Apart Cheerless Companionless Dejected Despondent Estranged Excluded Left out Leftover Lonely Oppressed Uncherished	Apologetic Ashamed Contrite Culpable Demeaned Downhearted Flustered Guilty Penitent Regretful Remorseful Repentant Shamefaced Sorrowful Sorry
Blah Disappointed Down Funk Glum Low Moody Morose Somber Subdued Uncomfortable Unhappy	Dry Incomplete Meager Puny Tenuous Tiny Uncertain Unconvincing Unsure Weak Wishful	Anxious Careful Cautious Disquieted Goose-bumpy Shy Tense Timid Uneasy Unsure Watchful Worried	Distracted Uncertain Uncomfortable Undecided Unsettled Unsure	Let down Minimized Neglected Put away Put down Rueful Tender Touched Unhappy	Bugged Chagrined Dismayed Galled Grim Impatient Irked Petulant Resentful Sullen Uptight	Blue Detached Discouraged Distant Insulated Melancholy Remote Separate Withdrawn	Bashful Blushing Chagrined Chastened Crestfallen Embarrassed Hesitant Humble Meek Regretful Reluctant Sheepish

## Marriage Trauma Facial Responses

Use the following steps to determine your trauma facial responses.

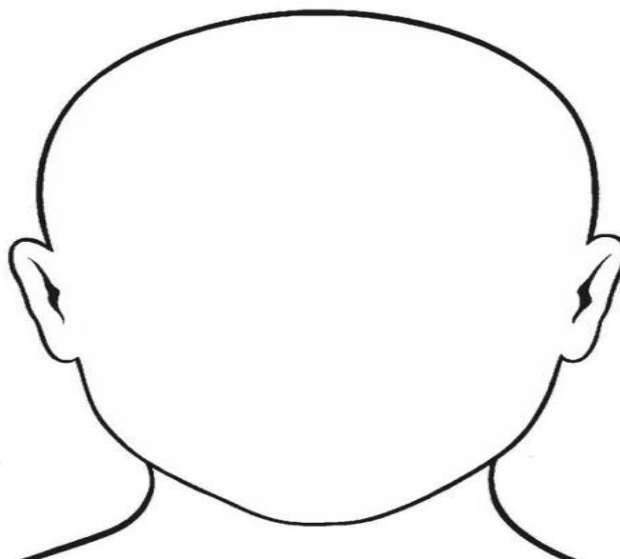
1. Close your eyes
2. Think of something that makes you angry
3. Record your facial expressions below



1. Eyes \_\_\_\_\_
2. Eye Brows \_\_\_\_\_
3. Nose \_\_\_\_\_
4. Ears \_\_\_\_\_
5. Lips \_\_\_\_\_
6. Chin \_\_\_\_\_
7. Cheeks \_\_\_\_\_
8. Other \_\_\_\_\_

Use the following steps to determine your spouse's trauma facial responses.

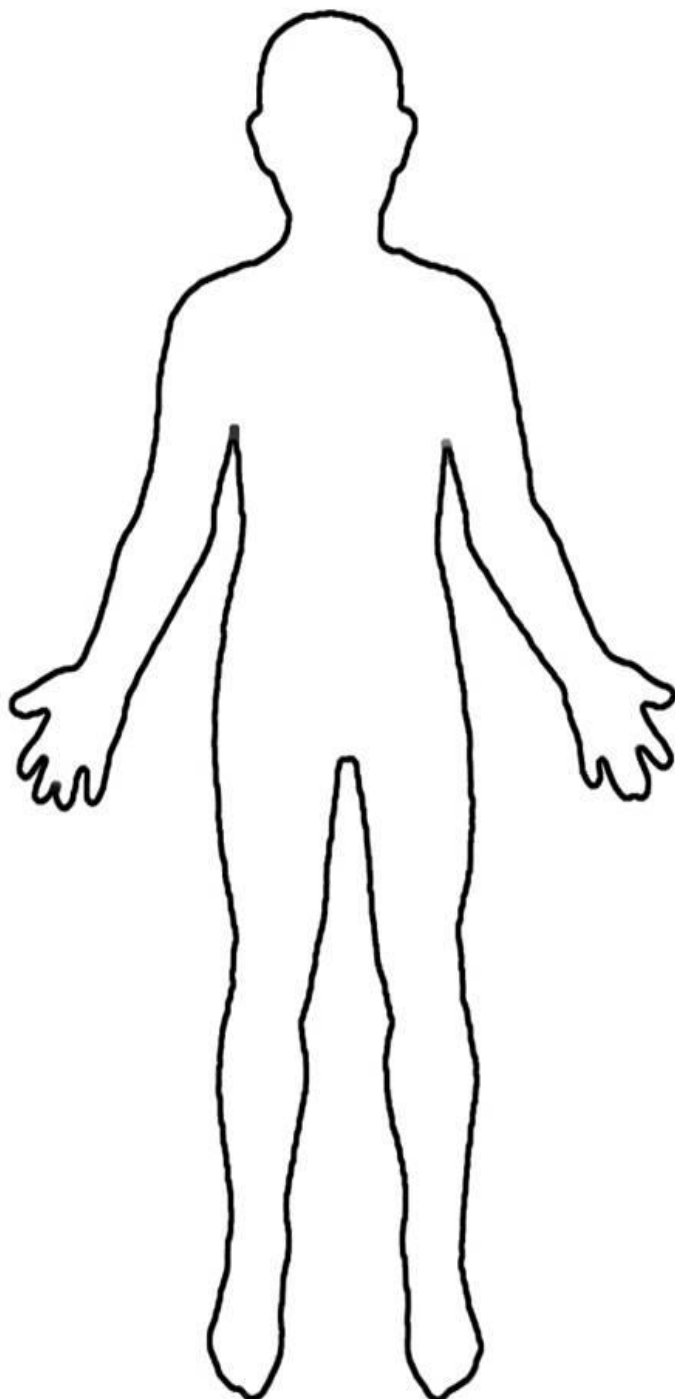
1. Close your eyes
2. Think of something that makes you angry
3. Record your facial expressions below



1. Eyes \_\_\_\_\_
2. Eye Brows \_\_\_\_\_
3. Nose \_\_\_\_\_
4. Ears \_\_\_\_\_
5. Lips \_\_\_\_\_
6. Chin \_\_\_\_\_
7. Cheeks \_\_\_\_\_
8. Other \_\_\_\_\_

### Marriage Trauma Body Responses

Use the chart on page 9 to determine your body trauma responses.



A vertical grey bar containing 20 horizontal lines for taking notes.

## Anger Triggers

Verbal Behaviors	Nonverbal Sounds	Voice Quality, Tone, and Volume
Giving advice	Groaning	Whining
Global labeling	Sighing	Flatness
Criticism	Clucking sound	Cold, frosty tone
Blaming	“Tsk, tsk”	Throaty, constricted
Abrupt limit setting		Loud, harsh quality
Threatening		Mocking, contemptuous tone
Using expletives		Mumbling under your breath
Complaining		Snickering
Stonewalling		Snarling
Mind reading or assuming		
“Innocent” observations		
Teasing		
Humiliating statements		
Dismissing comments		
Put downs		
Profanity		
Sarcasm		
Accusations		
Guilt		
Ultimatums		

Gestures Using Hands and Arms	Facial Expressions	Body Movements
Pointing a finger	Looking away, looking at the floor	Shaking head
Shaking a fist	Rolling eyes	Shrugging shoulders
“Flipping the bird”	Narrowing eyes	Tapping a foot or a finger
Folded arms	Eyes wide	Moving or leaning toward
Waving away	Grimacing	Moving or turning away
Chopping motion	Sneering	Hands on hips
	Frowning	Quick movements or pacing
	Tightening lips	Kicking or throwing objects
	Raising an eyebrow	
	Scowling	

## **Marriage Anger Management Activities**

### ***Relaxation***

Relaxation is about feeling calm and peaceful. After upsetting/confusing events happen, we often feel tense, jumpy, and worried. We feel better when we learn to relax our bodies and minds! This exercise teaches us how to relax using our muscles: Sit comfortably in your chair with your arms at your sides and your feet planted on the floor. Close your eyes or look down at the ground while you do this exercise. Imagine that you have a ball of clay in your right hand. Squeeze that ball of clay as hard as you can! While you are squeezing, feel how tight the muscles of your hand and arm are. Count to five as you squeeze, then drop the ball of clay and let your hand hang loose. Feel the difference in the muscles of your hand and arm when they are relaxed. Repeat to yourself, “My hand is relaxed.” Now do the same thing with your left hand. You can do this with all the parts of your body one at a time or all at the same time (your therapist will help you)! Which way would you like to do it? Don’t forget to include all your muscle groups (arms, feet, legs, stomach, back, chest, shoulders, face).

### ***Belly Breathing***

Sometimes when we are upset, we forget to breathe! Or we take short, shallow breaths (like a puppy dog panting) that don’t give our bodies the oxygen we need. To help ourselves feel relaxed and calm, we can practice BELLY BREATHING! Belly breathing is when you breathe in slowly and deeply (counting to 5 in your head) as your belly and lungs fill up with air (you can watch your belly stick out as you breathe in!). Then you let the air out, EVEN SLOWER (count to 6) and watch your belly go back in as the air is slowly pushed out. Pay attention to the air as it moves in and out of your body as you count.

### ***Progressive Muscle Relaxation***

Progressive Muscle Relaxation teaches you how to relax your muscles through a two-step process. First, you systematically tense muscle groups in your body, such as your neck and shoulders. Next, you release the tension and notice how your muscles feel when you relax them. This exercise will help you to lower your overall tension and stress levels, and help you relax when you are feeling anxious. It can also improve your sleep.

### ***Meditation on Scripture***

Meditation is a crucial Christian discipline and a vital means of grace that we must treasure and practice. But it is a discipline that takes time and effort. Your times of meditation should be times of worship and fellowship with God. The first step involves finding a scripture meditate on. The next step involves completing a study of the meaning of the scripture and then committing the scripture to memory. During meditation, personalize the scripture by turning it into a first-person prayer back to God. Give Attention to each word of each verse. Focusing on one verse at a time, quote it to the



Lord, pondering each word. With each recitation of a verse, emphasize a different word. For example, if you are meditating on John 3:16, you would emphasize a different word each time you repeated the passage:

- “For God so loved the world ... .”
- “For God so loved the world ... .”
- “For God so loved the world ... .”
- “For God so loved the world ... .”
- “For God so loved the world ... .”
- “For God so loved the world ... .”

As you memorize and meditate on a passage, look for Biblical concepts and patterns. As you meditate, don't be discouraged if you have to go over the passage several times before insights begin to come to mind. As God reveals an insight to you, pray it back to Him and ask Him for the grace to apply that truth in your life. If the Holy Spirit convicts you of sin in your life, confess it to the Lord and be forgiven. Suggested scriptures are provided on page 12.

<b>Suggested Scriptures</b>
<b>James 5:16</b> - Confess [your] faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.
<b>Proverbs 10:12</b> - Hatred stirreth up strifes: but love covereth all sins.
<b>1 Peter 3:7</b> - Likewise, ye husbands, dwell with [them] according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.
<b>Ephesians 5:25</b> - Husbands, love your wives, even as Christ also loved the church, and gave himself for it;
<b>Hebrews 13:4</b> - Marriage [is] honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.
<b>1 Peter 3:1</b> - Likewise, ye wives, [be] in subjection to your own husbands; that, if any obey not the word, they also may without the word be won by the conversation of the wives;
<b>Acts 8:22</b> - Repent therefore of this thy wickedness, and pray God, if perhaps the thought of thine heart may be forgiven thee.
<b>Ephesians 5:22-24</b> - Wives, submit yourselves unto your own husbands, as unto the Lord. For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body. Therefore as the church is subject unto Christ, so [let] the wives [be] to their own husbands in everything.
<b>Romans 7:2</b> - For the woman which hath an husband is bound by the law to [her] husband so long as he liveth; but if the husband be dead, she is loosed from the law of [her] husband.
<b>Matthew 5:32</b> - But I say unto you, That whosoever shall put away his wife, saving for the cause of fornication, causeth her to commit adultery: and whosoever shall marry her that is divorced committeth adultery.
<b>Malachi 2:16</b> - For the LORD, the God of Israel, saith that he hateth putting away: for [one] covereth violence with his garment, saith the LORD of hosts: therefore take heed to your spirit, that ye deal not treacherously.
<b>Ephesians 5:33</b> - Nevertheless, let every one of you in particular so love his wife even as himself; and the wife [see] that she reverence [her] husband.
<b>1 Peter 4:8</b> - And above all things have fervent charity among yourselves: for charity shall cover the multitude of sins.
<b>Ephesians 4: 2-3</b> - With all lowliness and meekness, with longsuffering, forbearing one another in love; Endeavouring to keep the unity of the Spirit in the bond of peace.
<b>Jerimiah 29:11</b> - For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.
<b>Mark 10:9</b> - What therefore God hath joined together, let not man put asunder.

**Anger Journal**

Date and Time	Emotion	Facial Response	Body Response	Trigger

## Time-Out Contract

1. The cues that indicate I am getting angry are

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2. The “triggers (red flags) that I need to avoid are

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3. The neutral, non-blaming timeout signal that I will use will be

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4. When I give the above signal, I will go to

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5. When my spouse gives the time-out signal, I will abide by the contract.

6. The time-out period will last for \_\_\_\_\_  
(at least 60 minutes)

7. At the end of the time out we will pray using The Lord’s Prayer and

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8. During the time-out period, I will observe the following rules:  
(no-caffeine, drugs, or alcohol).

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Signed \_\_\_\_\_

Witness \_\_\_\_\_ Date \_\_\_\_\_

## **The Lord's Prayer**

Satan has accomplished a great deception by minimizing the importance of The Lord's Prayer. The early church always used the Lord's Prayer in public worship and they prayed the prayer three times a day. The Lord's Prayer is for those who are part of God's family of believers.

### **Our Father in Heaven**

- Thank God for the relationship that you have with Him
- Thank God for sending His Son Jesus as a sacrifice for your sins
- Confess that Jesus Christ is the Son of God
- Confess that Jesus Christ is your Lord and Savior
- Confess that you believe that Jesus Christ was raised from the dead
- Confess that Jesus died for you sins
- 

### **Hallowed Be Thy Name**

- Thank God for the physical things that you have
- Thank God for the mental things that you have
- Thank God for the spiritual things that you have
- Thank God for the things that He has done for you in the past
- Thank God for the things that He has done for you today
- Thank God for the things that He is going to do in the future
- Thank God for saving your life from the clutches of sin
- Thank God for His protection
- Thank God for protecting your family and love ones
- Tell God that He is worthy
- Tell God why you love Him
- Tell God why you love His Son Jesus Christ
- Tell God why you love His Holy Spirit

### **Thy Kingdom Come**

- Pray that God's kingdom principles will rule in our homes
- Pray that God's kingdom principles will rule in our families
- Pray that God's kingdom principles will rule in our places of employment
- Pray that God's kingdom principles will rule in our ministries
- Pray that God's kingdom principles will rule in the government offices and agencies
- Pray that God's kingdom principles will rule in places of authority
- Pray that God's kingdom principles will rule in the ministries around the world.
- Pray that God's kingdom principles will rule in our churches

### **Thy Will Be Done, on Earth as it is in Heaven**

- Pray for perfect harmony between heaven and earth
- Pray that the earth will become more like heaven
- Pray that the people will desire for the earth to become like heaven
- Pray that the world will desire a relationship with our Lord and Savior - Jesus Christ

### **Give Us This Day Our Daily Bread**

- Pray for the things that you need to sustain your life
- Pray for food
- Pray for shelter
- Pray for perfect health
- Pray for healing in your body
- Pray for a life style that glorifies the name of Jesus Christ
- Pray for the things that you need to serve The Lord
- Pray for an increase in spiritual knowledge
- Pray that you will become spiritual wealthy
- Pray that you will become financially wealthy
- Pray for a godly stewardship over you family, business, job, and ministry
- Pray for blessings from God
- Pray for what you need to do with the blessing that God gives/will give you
- Pray that God will teach you how to become a better disciple

### **Forgive Us Our Debts, as We Also Forgive Our Debtors**

- Pray for forgiveness of the sins that we have committed
- Pray for forgiveness of the sins that you committed when you were a youth
- Pray for forgiveness for your sinful actions
- Pray for forgiveness for your sinful thoughts
- Pray for forgiveness for the sins that you have committed in the workplace
- Pray for forgiveness for the sins that you have committed in the church
- Pray for forgiveness for the sins that you have committed against your church leaders
- Pray that your family and loved one will forgive you for your transgressions against them
- Pray that your co-workers will forgive you for the sins that you have committed against them
- Pray that your business partners will forgive you for the sins that you have committed against them
- Pray for those who have committed sins against you
- Pray that you will forgive yourself for the sins that you have committed

### **Lead Us Not into Temptation**

- Pray to be good disciples
- Pray that you will be a disciple that loves God
- Pray that you will be a disciple that love Jesus
- Pray that you will be a disciple that loves the Holy Spirit
- Pray that you will be a disciple that walks in the ways of The Lord
- Pray for the faith to overcome all trails and tests
- Pray for the faith to overcome all family trails and tests
- Pray for the faith to overcome all workplace trails and tests
- Pray for the faith to overcome all business-related trails and tests
- Pray for the faith to overcome all church related trails and tests
- Pray that you will triumphant over all testing that can lead to disobeying God

### **Deliver Us from the Evil One**

- Pray that you will walk as a light in this world
- Pray that you will have no fellowship with the unfruitful works of darkness
- Pray that you will have Godly fellowship with other believers
- Pray for Godly order in you home
- Pray for Godly order in your church
- Pray for sound biblical teaching in your church
- Pray that your church will always focus on the Son of God - Jesus Christ
- Pray for Godly relationships between fathers and their children
- Pray that children will obey their fathers
- Pray that you will always be a great and Godly servant
- Pray that you will be righteous and holy before God
- Pray that you will be righteous and holy before family and loved ones
- Pray that you will be righteous and holy before co-workers
- Pray that you will be righteous and holy before the people of God
- Pray that you will not become so angry that it will lead to sin
- Pray that Christian will be king to each other
- Pray that you will inherit the kingdom of God
- Pray that you will refrain from all uncleanness or covetousness, filthiness, foolish talking, jesting or idolatry.
- Pray that you will only follow the voice of God
- Pray that you will trust God with every breath and step that you take
- Pray for protection from those imaginations and things that attempt to exalt themselves above God
- Pray for protection from those imaginations and things that attempt to exalt themselves above the Son of God - Jesus Christ
- Pray for protection from those imaginations and things that attempt to exalt themselves above the Holy Spirit

**For Thine is the Kingdom and Power and Glory Forever. Amen**

- Thank God for His kingdom
- Thank God that His kingdom is powerful and glorious
- Thank God that you can trust Him in all things.